



Cindy White, LCSW
EMDR Certified Therapist
EMDR Institute/HAP Approved Consultant/Facilitator

Case Consultation for Certification Format

Consultee's Name:

Date:

Written consent obtained and signed by your client to present this case: (yes/no)

It is your responsibility to obtain consent and maintain consent form on file.

PHASE ONE: HISTORY TAKING

- Describe your initial assessment of where the client may be in the window of tolerance and level of dissociation based on initial interview. Please be specific about your observations, i.e., level of social engagement, breaks in contact, level of activation when telling their history—hyper- or hypo-aroused, etc.
- Describe how your observations will inform other phases of the protocol.
- Describe significant aspects of case history, i.e., “big T” and “little t” traumas, strengths, positive resources, family dynamics, generational patterns, etc.
- Describe why and how you assessed for dissociation and how your findings will inform other phases of the protocol.
- Describe how you conceptualize this case from an AIP model, i.e., how do past events seem to be contributing to current symptoms and behaviors?
- Describe how you developed a treatment plan based on your observations and considerations about pacing the work, level of preparation needed, and assessment for WoT/dissociation.

PHASE TWO: PREPARATION

- Describe how your observations during phase one influenced your decisions during phase two.
- Describe any psycho-education you included in initial session/sessions, i.e., teaching about window of tolerance, attachment, AIP, etc.
- Describe what protocols you used (i.e., containment, safe state, calm/safe place, RDI) and in detail how you used them. How did your client's response to these protocols inform your case conceptualization?
- Describe any other resources or strategies implemented during this phase and your rationale for including them.
- How did you determine client readiness for the next phase of EMDR? Please be specific about your observations.
- What did you do to educate your client about dissociation and how you might check in with them during session if there was any question about where they were within the window of tolerance?
- How did you determine method of BLS used?
- Is there anything you would do differently during the preparation phase with this client?



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PHASE THREE: ASSESSMENT

- Describe your process of target selection and the rationale behind it, i.e., “first”, “worst”, recent, etc.
- Describe any special arrangements you may have made in setting up for assessment phase
- Describe briefly how you conducted this phase of the protocol, i.e., order of assessment questions, etc.

PHASE FOUR: DESENSITIZATION

- Describe in detail how you began and proceeded with the desensitization phase.
- When and how did you go back to target?
- How and when did you check the SUD?
- How did you identify looping/blocked processing, and how did you determine what to do to get things moving again?
- How did you assess for dissociation? What did you do to bring client back into the WoT?
- What types of interweaves did you use and what was your rationale for them?
- How did you know when this phase was complete?

PHASE FIVE: INSTALLATION

- Describe in detail how you began this phase and the procedural steps you followed.
- How and when did you check the VoC? What did you do if the VoC was less than 7? What speed and length of BLS sets did you use: short and slow or long and fast? Why?
- How did you determine if processing was blocked in this phase and what did you do?
- How did you determine when this phase was complete?

PHASE SIX: BODY SCAN

- How did you conduct this phase? Please describe in detail the steps you followed.
- How did you determine when this phase was complete?

PHASE SEVEN: CLOSURE

- Describe in detail what you did in this phase, i.e., containment, resourcing, reminder about how processing may continue and what to do, TICES log, etc. and why you chose the strategies you did, i.e., client needed more time for reintegration, certain strategies seem to have worked well in the past, etc.



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PHASE EIGHT: RE-EVALUATION

- Describe in detail how you conducted this phase.
- Describe in detail how you picked up the work from the previous session and began a new session.

Please identify from this thorough review of your case what you would do differently and why? What have you learned?